



FIT CITY MONTHLY CHALLENGE-OCTOBER Color your Plate!



Current research has clearly demonstrated that an intake of fruits and vegetables is associated with improved health, reduced risk of major diseases, and even possible delayed onset of age-related indicators. According to a July 2002 study in the *American Journal of Clinical Nutrition*, individuals who ate three or more fruits and vegetables a day were 42% less likely to die of stroke, 25% less likely to die from heart disease, and 15% less likely to die from all causes over a 19 year period than those who ate less than one fruit or vegetable a day. Fruits and vegetables may also play a preventive role in birth defects, cataract formation, hypertension, asthma, diverticulosis, obesity, and diabetes.

The Fit City Challenge for October is to add color to your plate by eating at least **five (5)** servings of fruits and vegetables a day. Of course, this is a valuable rule to follow all year, but it is particularly important to remember this message during the month of October because many families will be participating in Halloween activities—and along with Halloween, there is candy. It is important to monitor how much candy our children eat as well as minimizing the candy we adults eat when the kids are not looking. So, rather than choosing to eat five colorful pieces of candy a day, choose instead to eat five colorful fruits or vegetables. Choose from **blue** (berries), **orange** (carrots, peaches), **red** (tomatoes, bell peppers, strawberries), **green** (broccoli, green beans, grapes), and **yellow** (squash, corn, bananas) to name a few. Choose fruit for desert instead of one with a high sugar content.

What is a serving size?

- 1 medium size fruit
- 3/4 cup (6 oz) of 100 percent fruit or vegetable juice
- 1/2 cup of fresh, frozen, or canned fruit (in 100% juice) or vegetables
- 1 cup of raw leafy vegetables
- 1/2 cup cooked dry peas or beans
- 1/4 cup dried fruit

OCTOBER ACTIVITIES

FREE Walking Program! Join Walk San Antonio – a program that really gets you movin’! More information: Texas Diabetes Institute, 358-7278.

FREE Senior Swim. Monday through Friday, 10 a.m.-11 a.m. Natatorium, 1430 W. Durango. More information: 226-8541

FREE "Work Out" every Saturday in October from 8 a.m. – 8 p.m. Family Fitness Unlimited, 517 SW Military Dr. Family Fitness offers basketball, aerobics, yoga, tai chi, salsa cardio, water aerobics, free weights, cardio equipment, kids cardio classes and free day care. More information: 927-9328

FREE Line Dancing for fun and exercise every Wednesday from 9 –10 a.m. Full Life Health & Fitness Center, 1602 Babcock Rd. More information: 340-2121

FREE Diabetes, Blood Pressure, Body Mass Indicator, Body Fat Percentage and Body Measurements on the first Thursday of every month at 6 p.m. Family Fitness Unlimited, 517 SW Military Dr. Services are provided by Family Fitness in conjunction with WellMed and Walk SA. More information: 927-9328.

Lion's Field Adult and Senior Citizens Center, 2809 Broadway (next to Brackenridge Park), 826-9041

- Physical Fitness Program: Monday-Friday 9-9:40 a.m. Fun! Low-Impact, compressive exercise class with floor work and lots of flexibility exercises. Adults only. **FREE**.
- Every Tuesday, 2 p.m.-4 p.m. Line Dancing with instructions. All Fitness Levels. \$2.
- Every Thursday, 6:30-7:30 p.m. Square Dancing. Formal lessons, then 2 hours of free square dancing from 7:30-9:30 p.m. Lessons are \$1 per person.
- Exercise Room open to adults (18 and older). Mon.-Friday except Weds, 7:30-9 p.m.
- Walking Path (directly behind Lion's Field) always open to walkers and joggers.

Oct 5 - General Natural History Hike. Friedrich Wilderness Park, 21395 Milsa Road. 9-11 a.m. Reservations required: 698-1057.

Oct 13 - Splash Triathlon at Sea World to benefit the [Make-a-Wish Foundation](#). 800-Meter Swim, 12 Mile Bike and 5k Run. 7:30 a.m. \$50/individual, \$100/relay. More information: Roger Soler's Sports, 366-3701.

Oct 19 - 5K Run/Fun Walk and Health Fair. University of the Incarnate Word. Learn preventive health measures and how to live a healthier, happier life. The Health Fair is FREE plus FREE flu shots for seniors (upon availability). More information: 617-4038.

Oct 19 - Child Guidance Center's Go the Distance for Kids 5K and 10K. Alamo Heights High School. Fun family event raises money to provide mental health services to children and their families in Bexar County. More information: www.cgcsanantonio.org or 614-7070.

Oct 19 - 7th Annual Alamo Children's Advocacy Center "The Healing Begins" 10k Run, 5k Run/Walk McAllister Park. More information: 805-0845.

Oct 26 - Move Your Feet for the Beat/San Antonio Symphony 5K. McAllister Park, 7:30 a.m. registration. The San Antonio Symphony League sponsors a 5k run/3k walk to promote awareness of the San Antonio Symphony. Receive a FREE T-shirt, FREE tickets to a symphony concert, and a goody bag plus enjoy music . More information: Roger Soler's Sports, 366-3701.

Oct 27 – 11th Annual Walk and Run for Life. McAllister Park, 11 a.m. Benefits the San Antonio Aids Foundation. More information: 225-4715.